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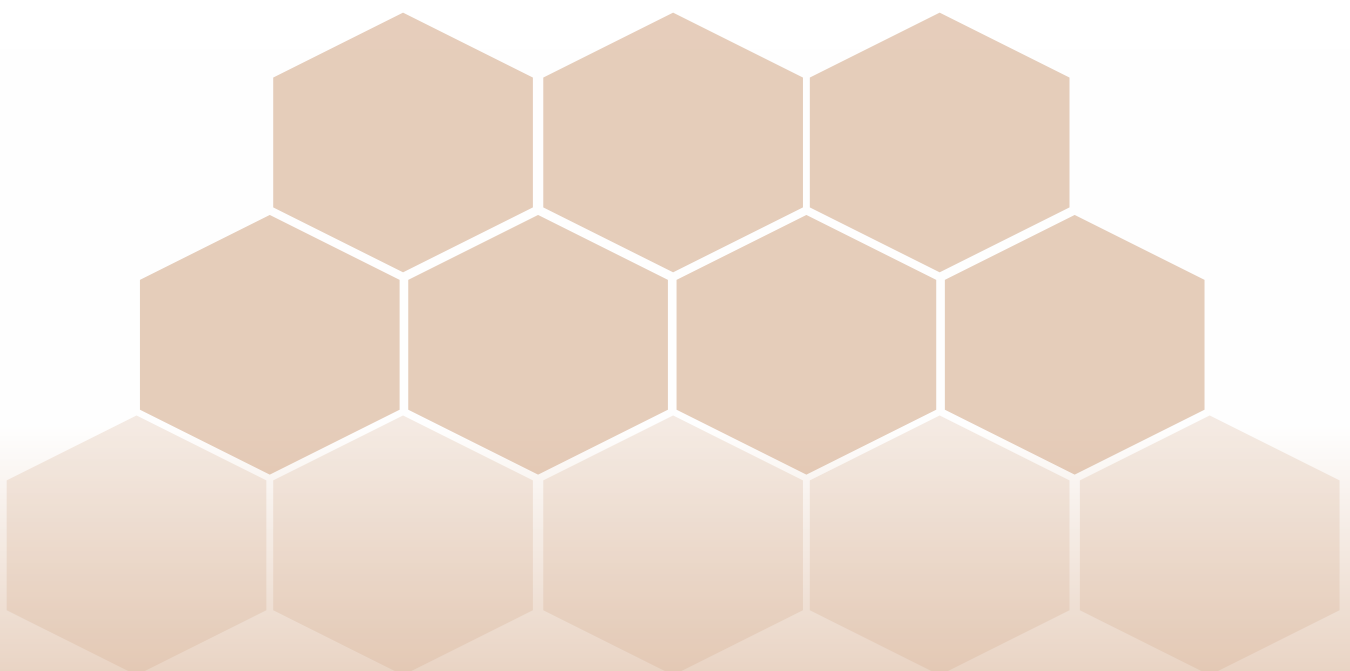
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1239th Conference

8th International Conference on

Natural & Alternative Medicine

September 25-27, 2017 Dubai, UAE

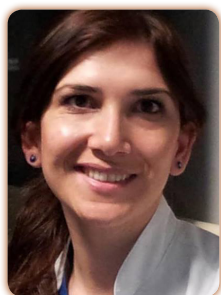
Special Session (Day 1)



8th International Conference on

NATURAL & ALTERNATIVE MEDICINE

September 25-27, 2017 Dubai, UAE



Zehra Gok Metin

Hacettepe University, Turkey

Using aromatherapy and reflexology for symptom management in Rheumatoid Arthritis

Rheumatoid arthritis (RA) is a multi-systemic, autoimmune and chronic disease and reduces the quality of life by causing pain, fatigue, morning stiffness, difficulties in daily life, deterioration in social relations, and depression. Despite using pharmacological methods for symptom management, there is no complete cure of the disease so far. Patients frequently experience side effects such as liver and kidney toxicity, nausea, vomiting, loss of appetite, anemia or systemic infection due to used pharmacological treatment. Patients with RA are applying to complementary and alternative medicine (CAM) because of side effects of the treatment, incomplete treatment, and chronic pain and fatigue. Aromatherapy and reflexology that often preferred and commonly used among patients with RA and health care professionals cause positive effect on the management of patients' symptoms and increasing the quality of life. Aromatherapy is one of the complementary therapy modalities widely used around the world to manage chronic disease symptoms. Aromatherapy is defined as the use of essential oils extracted from plants to produce physiologic or pharmacologic effects through the sense of smell or absorption through the skin. Essential oils have been used for their antiseptic, antibacterial, analgesic, anti-inflammatory, anti-spasmodic, antitoxic, immune stimulatory, and relaxing effects for management of the symptoms of arthritis, and muscle-related pain. Aromatherapy has been used in juvenile RA to relieve pain, fatigue, morning stiffness, and anxiety and increased physical and mental well-being have also been noted. Reflexology is another CAM modality with potential beneficial effects in RA. Reflexology uses specific hand and finger techniques to apply pressure to individual body parts and organs at specific reflex points on the hands and feet to stimulate endocrine glands. Reflexology has been found to decrease neck and arm, and low back and muscle-related pain and to improve muscle strength and tone. This abstract was written to inform relevant professionals about the use of aromatherapy and reflexology in RA.

Biography

Zehra Gok Metin has completed her PhD in 2015 from Hacettepe University and worked for one year at University of Alabama at Birmingham for Post-doctoral studies. She is an instructor at Hacettepe University Faculty of Nursing. She is working on symptom management especially for pain for five years. She has several publications in reputed journals and has been serving as a reviewer for reputed journals.

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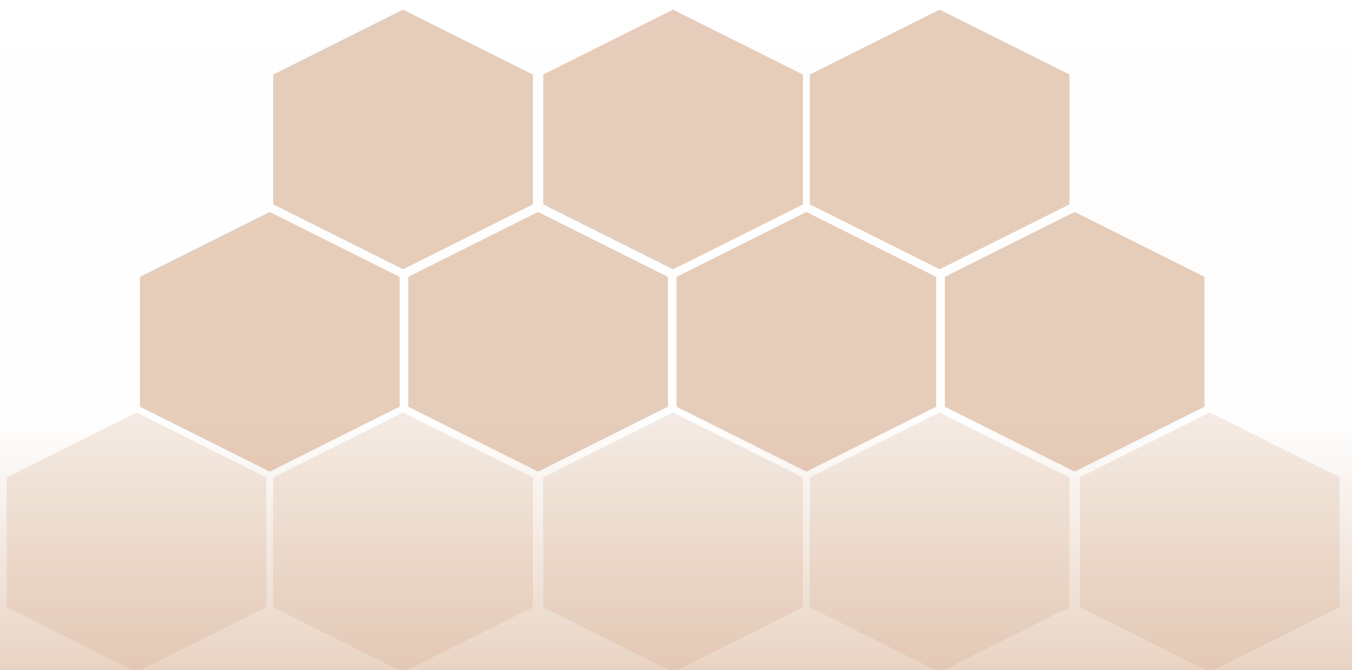
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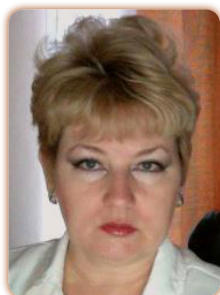
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Larisa Maksimadzhi

Clinic in Managua, Nicaragua

Alternative Medicine and Bioenergy: The Intelligent Solution

This is the most important functional characteristic of living systems. The word "energy" means "action" from the Greek. You Also Manage Now Action create Good Energies for Treatment of your Organism. I will be so glad when you notice it. Relax and do not think what it will get or do not get. The fact that you are wanting, meaning gets. We chose bioenergetics, which determined the problems and the patient's essence and which told us whether everything was right or not. Then they treated each other. More often than not. Miracles occurred usually. And I'm happy that more and more people understand that help your body and soul because we can use many more options, not just medications. I think that everyone should have the right to choose. Continue to observe your self-emphasis. If someone wants to share their feeling, raise your hand and speak.

Biography

Larisa Maksimadzhi is a Russian outstanding healer, who is currently living in Nicaragua. She had been traveling all over the world, helping people to get over incurable diseases using the energy that comes from her hands. In Nicaragua, 5 universities teach alternative medicine. I worked in one of them. I think that everyone should have the right to choose between traditional and alternative medicine. Mrs. Maksimadzhi had been recognizing by different international institutions around the world; she has international articles published in different magazines and newspapers around the world and she has spread evidence about her gift of healing with her hands in so many countries.

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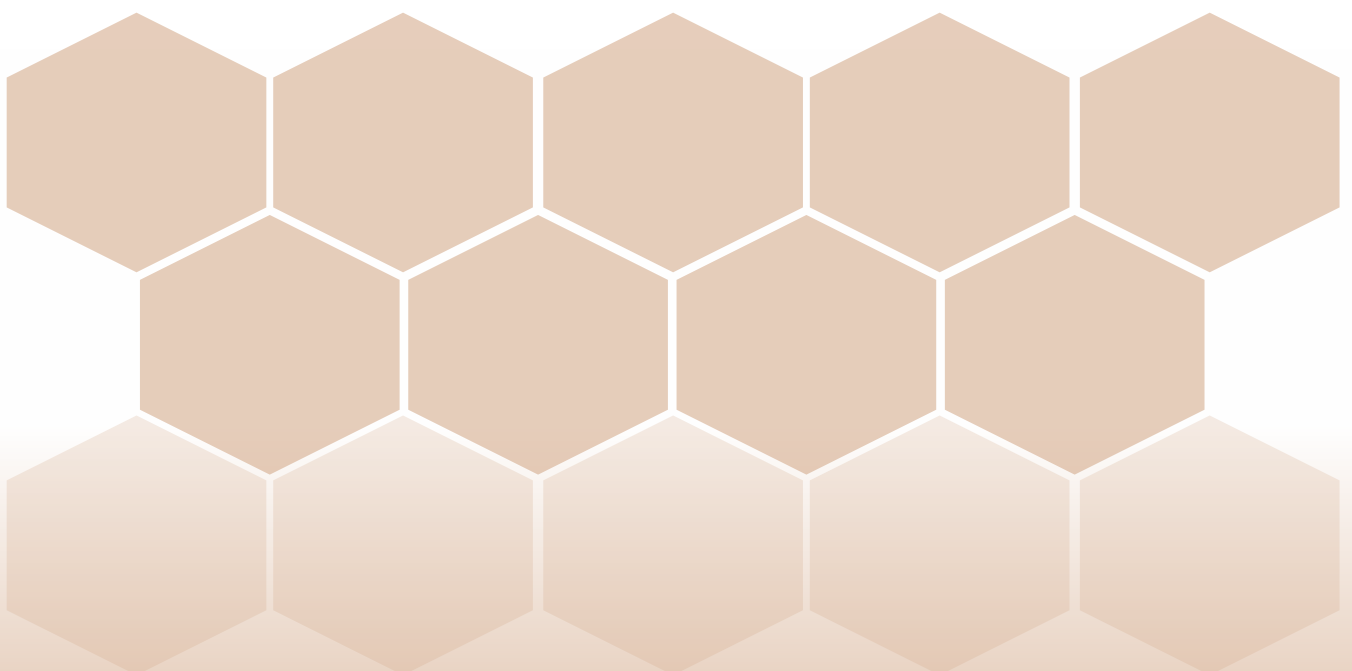
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Scientific Tracks & Abstracts (Day 1)



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Aromatherapy and reflexology experiences of Rheumatoid Arthritis patients

Zehra Gok Metin

Hacettepe University, Turkey

Statement of the Problem: Nonpharmacological interventions such as aromatherapy and reflexology have increasingly been used to manage symptoms among patients with rheumatoid arthritis (RA). There have been quantitative studies, have shown that aromatherapy and reflexology may reduce psychological distress and enhance symptom control in RA patients). However, little is known about the personal meanings patients associate with these therapies. Therefore, present study explored the patients' experiences of aromatherapy and reflexology by using face to face interview. Methodology & Theoretical Orientation: Totally 34 RA patients who received aromatherapy massage (n=17) or reflexology (n=17) constituted the study sample. "Patients' demographic questionnaire" and "Individual experiences form for aromatherapy and reflexology" were used to record patients' statements during face to face interviews. Patients' statements on aromatherapy and reflexology were categorized based on similarity and presented by using percentages. Findings: Patients' mean age was 54.4±1.2 years and the great majority of the patients were female (88.2%). Regarding patients' experiences on aromatherapy, all subjects stated that walked more easily, wanted to sleep immediately after each aromatherapy session, felt more comfortable, 94.1% of patients' had relief of daily functions and movements, felt improvements in vitality, energy capacity and mood. 76.5% of participants stated return to hobbies and activities they enjoy after aromatherapy sessions. As for reflexology, all participants reported that return to hobbies and activities they enjoy, felt improvements in vitality, energy capacity and mood. 94.1% of patients' stated that walked more easily, 88.2% had relief of daily functions and movements, and 82.4% fulfilled house work without difficulty. Conclusion & Significance: Consistent with studies reporting cancer patients' perceptions, RA individuals in this study specified that aromatherapy and reflexology had beneficial effects to perform their activities of daily living easily, felt self-empowered, having lower symptom burden, and depressive mood.

Biography

ZehraGokMetin has completed her PhD in 2015 from Hacettepe University and stayed almost one year at University of Alabama at Birmingham for Post-doctoral studies. She is an Instructor at Hacettepe University Faculty of Nursing. She is working on symptom management especially for pain for five years. She has several publications in reputed journals and has been serving as a reviewer for reputed journals.

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Comparison of effectiveness of acupuncture thrust-debonding and three acupoints in patients shoulder with subacromial impingement syndrome: A randomized clinical trial**Tu Feng**

Hong Kong Baptist University, Hong Kong

Objective: To explore therapeutic effect of acupuncture in treating Subacromial Impingement Syndrome (SIS), through the comparison of effectiveness of thrust-debonding and three acupoints in patients shoulder.

Method: It is a randomized clinical trial. This study was carried out with 40 patients, who had SIS. Observation group (n=20) had received needle thrust-debonding program in subacromial space, Control group (n=20) was treated with needling three acupoints, which are Jianyu (LI 15), Jianliao (SJ 14), Tianzong (SI 11). All patients received one treatment sessions for four weeks (once a week).

Outcome Measures: The effects were observed after four weeks of treatment, according to the standard of TCM Syndrome Diagnostic efficacy. Pain was evaluated using Constant-Murley Score (CMS) for 1st, 2nd and 4th week.

Results: Cure rate after 4 weeks in observation group was 90%, higher than 55% in control group with statistical meaning ($P<0.05$). The treatment program of observation group were found to be significantly effective in reduction of pain with CMS ($P<0.05$) in different period before and after treatment, but the control group showed no significantly effective ($P>0.05$).

Conclusion: The results of this clinical trial demonstrate that the thrust-debonding program may be the first treatment choice for therapist in managing SAIS.

Biography

Tu Feng, Principal Lecturer of the Teaching and Researching Division, School of Chinese Medicine. Feng Tu won President's Award for Outstanding Performance in Teaching.

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Optimized ionic liquid-based microwave assisted extraction of piperine from Indian Ayurvedic plant *Piper nigrum*

Chanchal Garg, Meenu Bhan and Munish Garg
Maharshi Dayanand University, India

An optimized ionic liquid-based microwave assisted extraction (IL-MAE) method was developed for piperine from *Piper nigrum* using ionic liquid, 1-butyl-3-methyl-imidazolium chloride ([bmim]Cl) by response surface methodology. Variable microwave-assisted extraction parameters were selected as concentration of [bmim]Cl, extraction time and microwave power while solid-liquid ratio and extraction temperature were kept constant. Response surface methodology was applied for developing, improving and optimizing the process. A multivariate quadratic regression equation was obtained by central composite design. The 3D response surface curve and contour plots were obtained by variance of analysis (ANOVA). HPTLC was performed for quantitative and comparative analysis of piperine for IL-MAE with conventional methods. The optimum extraction conditions were 3.0 mol/L, microwave power 700 W, extraction time 9 min, extraction temperature 70 °C, solid-liquid ratio 1:10. With this novel IL-MAE method, the yield of piperine is increased from 1.8% w/w in 7 days (maceration) and 2.03% in 3 hours (soxhlation) to 4.71% in 9 minutes (IL-MAE). Meanwhile, there was great reduction in the environmental pollution by using the green solvents/ionic liquids (ILs), which is a great benefit to all.

Biography

Chanchal Garg completed masters at MDU Rohtak (Maharshi Dayanand University) in Harayana and presently she is working as Faculty of Pharmacy, in the Department of Pharmaceutical Sciences, Maharshi Dayanand University, India.

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Development and optimization of boswellic acids loaded proniosomal gel**Munish Garg**

Maharshi Dayanand University, India

Boswellic acids (BAs) are isolated from oleo gum of *Boswellia serrata* Triana & Planch. (Family: Burseraceae) and are mainly used as potential anti-inflammatory, hypolipidemic, immunomodulatory and antitumor agents. Pharmacokinetic investigations of boswellic acids uncover its poor bioavailability through digestive system thus necessitates an improved therapeutic response which can possibly be achieved by developing formulations through novel delivery system. The present study was conducted to design topical boswellic acids loaded proniosomal gel for the management of inflammatory disorders with enhanced bioavailability. Non-ionic surfactant vesicles were prepared using the coacervation phase separation method. A central composite design was employed to statistically optimize formulation variables using Design-Expert software. Three independent variables were evaluated: Amount of surfactant (X_1), amount of soyalecithin (X_2), and amount of cholesterol (X_3). The encapsulation efficiency percentage (Y_1) and particle size (Y_2) were selected as dependent variables. The optimum formulation (F10) displayed spherical bi-layered vesicles under transmission electron microscopy (TEM) with optimum particle size of 707.9 nm and high entrapment efficiency as 98.52%. *In vitro* skin permeation study demonstrated the most sustained release of 84.83 ± 0.153 mg/cm² in 24 hours. Anti-inflammatory activity of the gel showed a significant ($p < 0.001$) higher percentage inhibition as compared to the marketed gel at the same dose. The present study exhibited that boswellic acids loaded proniosomal gel was better in terms of absorption, bioavailability and release kinetics.

Biography

Munish Garg is presently working as a Professor and Head of the Department of Pharmaceutical Sciences, Maharshi Dayanand University, India. He has about 17 years of professional experience in the field of Academics, Research and Administration. Previously he has worked as an Assistant Director, All India Council for Technical Education, New Delhi where he has contributed in the quality control of technical education. His research area is Quality Control and Standardization of Herbal Plants and Formulations for Safety and Efficacy. He has about 70 research papers, 50 presentations, 150 scientific abstracts and financial grant of about Rs. 1 Crore from different Government funding agencies to his credit. He is in the panel of several Government bodies for planning and execution of pharmacy and technical education in India.

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Evaluating the effect of *Zingiber officinale* in heart failure and investigating the bioactive compound responsible for protective effect through molecular modeling studies**Neeraj Agrawal**

Kashi Institute of Pharmacy, India

Heart failure (HF) is a leading major health problem with increased morbidity and mortality worldwide. The present study evaluates the effect of *Zingiber officinale* root extract (ZORE) in isoproterenol (ISO) induced heart failure in rats. Our study indicated the significant increase in plasma nitric oxide (NO) levels, C-reactive protein (CRP), homocysteine, apolipoprotein B (apo-B) and cardiac tissue lipid peroxidation in ISO treated rats with a concomitant decrease in plasma apolipoprotein A1 (apo-A), lipase activity and cardiac tissue troponin levels when compared with controls. However, pretreatment of ISO administered rats with ZORE (150 mg/kg b.wt/day for 45 days) markedly brought the observed alterations toward near normal level indicating its protective role against heart failure. Further, the interaction of phytochemical, 6-Shogaol with peroxisome proliferated activated receptor (PPAR) was determined using docking analyses and molecular dynamics simulation studies. Molecular docking analysis indicated that PPAR receptor showed strong hydrogen bond interactions with 6-Shogaol. In conclusion, our results suggest that ZORE is a strong protective agent against ISO-induced heart failure and 6-Shogaol is responsible for this protective action which is confirmed by molecular docking and molecular dynamics studies.

Biography

Neeraj Agrawal completed his masters at JSS College of Pharmacy. Currently he is working as faculty in the Department of Pharmaceutical Sciences, Kashi Institute of Pharmacy, India, and he is a Managing Director at SMS group of Institutions.

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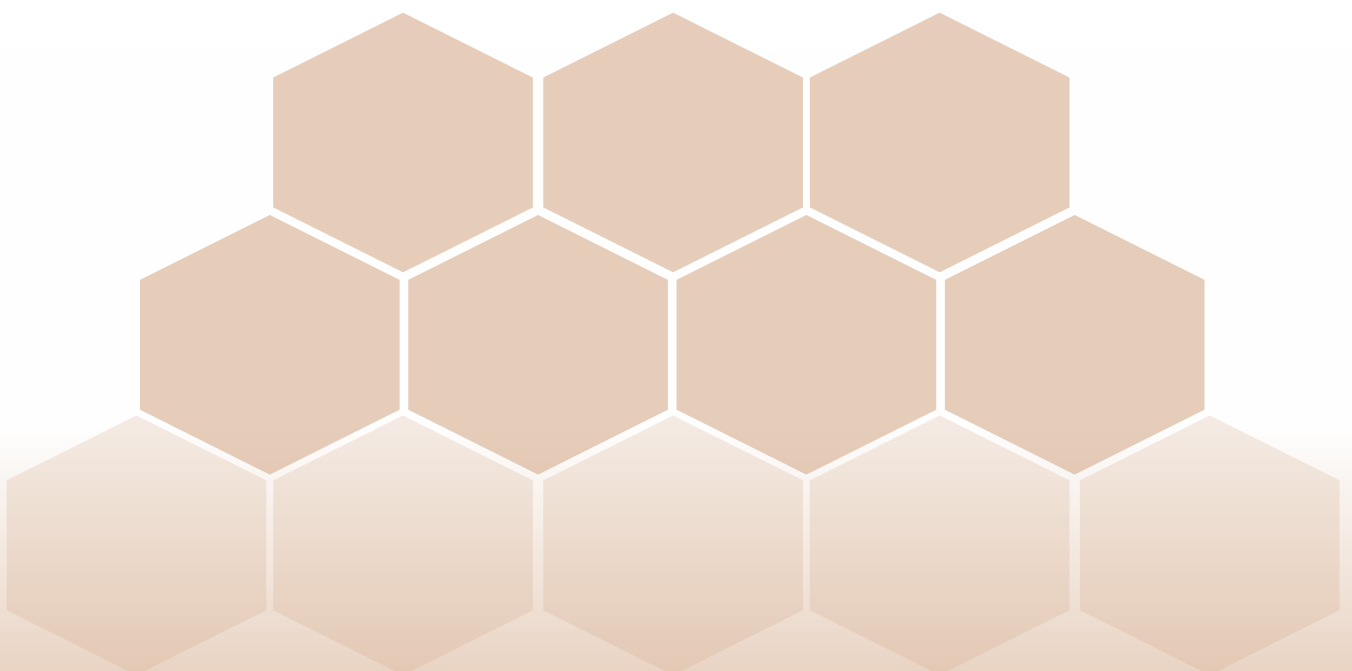
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Pierluigi Pompei

University of Camerino, Italy

BEMER electromagnetic field therapy in patients with senile dementia: Case reports

Alzheimer's disease (AD) is a slowly progressing neurodegenerative disorder representing a big issue as a major health concern worldwide. It is the most frequent type of dementia, causing around two-third of diseases. A significant increase in absolute number, but also in the proportion of the population affected by the disease is expected for the coming years. Moreover, no preventive or effective treatment has been established to date. Recent data suggest that changes in brain perfusion are present long before the clinical symptoms of AD, maybe even before amyloid- β accumulation or brain atrophy. In addition, vascular contribution to dementia and AD are increasingly recognized. This would implicate cerebral blood flow in the pathogenesis of AD, suggesting a search for novel approach to the disease. Electromagnetic field therapy has been used in healing for decades and has been reported to be beneficial in patients with different diseases. A particular system is the BEMER, a Physical Vascular Therapy for which a normalization of the microcirculation has been demonstrated by a low frequency, pulse electromagnetic field pattern. This therapy, with a series of half-wave-shaped sinusoidal intensity variations was shown to increase vasomotion and microcirculation for improved organ blood flow, supply of nutrients and removal of metabolites. Aim of our study was to evaluate the effects of BEMER on patients with cognitive deficits (dementia) and to subsequently monitor cognitive and genetic testing. A limited number of subjects (15 patients), ranging from 80-95 years old were recruited from the Ceci retirement home of Camerano, Italy. BEMER therapy treatment was given three times a week on recruited patients for eight consecutive weeks. In order to evaluate the Resistive and the Pulsatility Index, using a Mindray transcranial doppler via a 2 MHz probe, median cerebral arteries prior and after BEMER treatment were monitored. Blood samples to evaluate oxidative stress through the paraoxonase enzyme, salivary swabs testing for the determination of the *APOE* e4 allele which has been shown to be associated with an increased risk for the AD and a cognitive test (6ICT) were also recorded. Transcranial doppler resulted in both an improvement of the Resistive and the Pulsatility Indexes, in spite of monitoring and registration difficulties due to the cognitive deficits of the patients. Outcomes from the genetic tests have shown either a partial or complete mutations of the *APOE* gene. As results from the cognitive tests (6ICT), we found 60% improvement in cognitive ability and perception of space and time. Taken together, these findings show that BEMER therapy may therefore contribute to an ameliorated cerebral blood flow that could be an important factor involving in AD, thus clearly improving the quality of life.

Biography

Pierluigi Pompei is an Associate Professor of Pharmacology, Pharmacotherapy and Sport Nutrition at the Department of Experimental Medicine and Public Health, University of Camerino, Italy. He is the author of over 50 international publications on peer-reviewed journals, 1 international patent and several chapters of scientific books.

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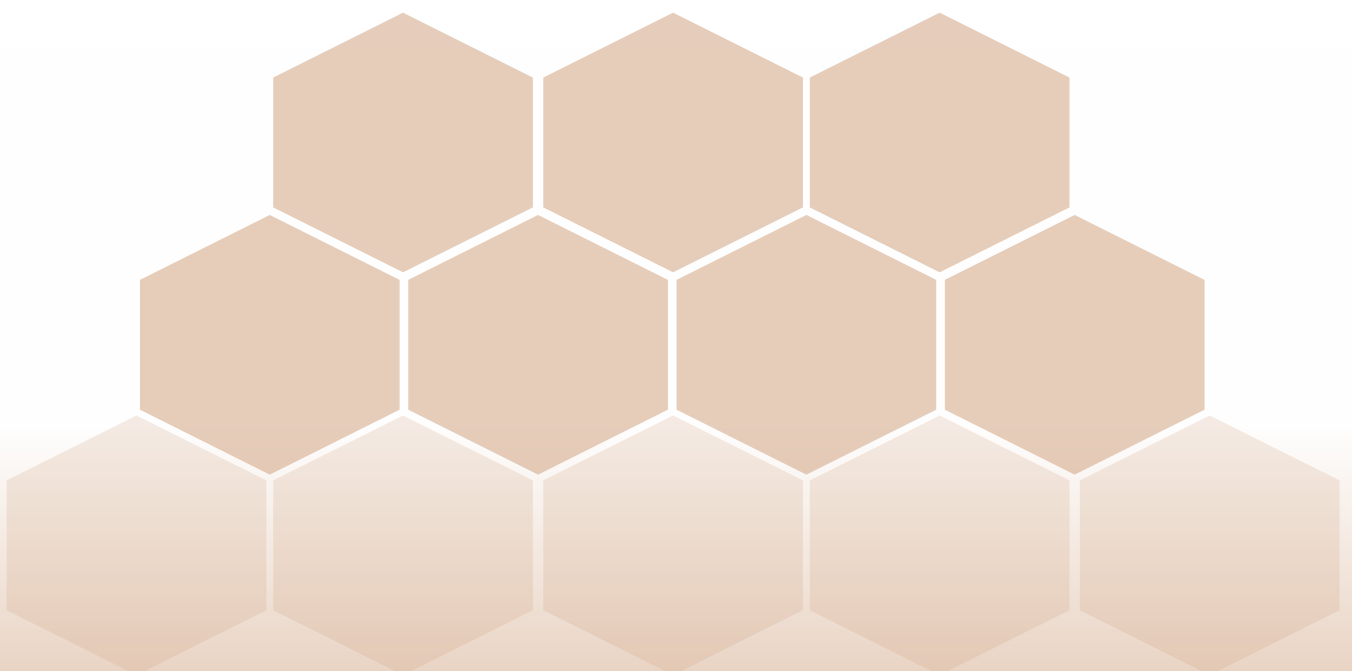
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Carrie Schell

Wellness Inc., Canada

Yoga and recovery, the evidence supporting yoga, meditation and physical activity in recovery

In order to keep current with consumer trends and demands, many treatment centers offer clients a range of therapies including adventure therapy, yoga, meditation and various forms of physical activity. Is there more to the increasing employment of these modalities than keeping current with consumer trends? Yoga and recovery explores the heart and science of yoga, meditation and physical activity in recovery. Emerging research demonstrates the effective, repeatable application of these modes of therapy in addiction recovery. Marcus and Zgierska's research, *Mindfulness-Based Therapies for Substance Use Disorders*, highlights the effectiveness of meditation in treatment. Smith, Schmidt and Iordanou explore the benefits of aerobic exercise on cocaine behaviors in their 2008 paper. In, *A Pilot Study of Qigong for Reducing Cocaine Craving Early in Recovery*, Smelson, Chen, Ziedonis, Andes, Lennox, Callahan, Rodrigues and Eisenberg validate the yoga in recovery treatment. The aforementioned papers are but a sampling of the vast body of evidence supporting yoga, meditation and physical activity in recovery treatment. This talk will provide the social and environmental context that fosters addictive behaviors while providing a solid, scientific foundation for the inclusion of yoga, meditation and physical activity in effective, repeatable treatment.

Biography

Carrie Schell has completed her course work for her PhD and is preparing for her defense. She holds a Master's degree from Dalhousie University and is a licensed Midwife, RYT and published author. She is the Director of Wellness Inc., an innovative health and wellness consulting firm that develops and implements wellness programs rooted in yoga, meditation and physical activity. School boards throughout Canada and the United States have implemented her evidence-based, effective programming. She has worked in the field of addictions for over 20 years, most recently as the Director of Health and Wellness at a residential treatment centre. She has spoken at conferences throughout the world on various topics ranging from physical activity, maternal care, midwifery of dying, women's issues and addictions.

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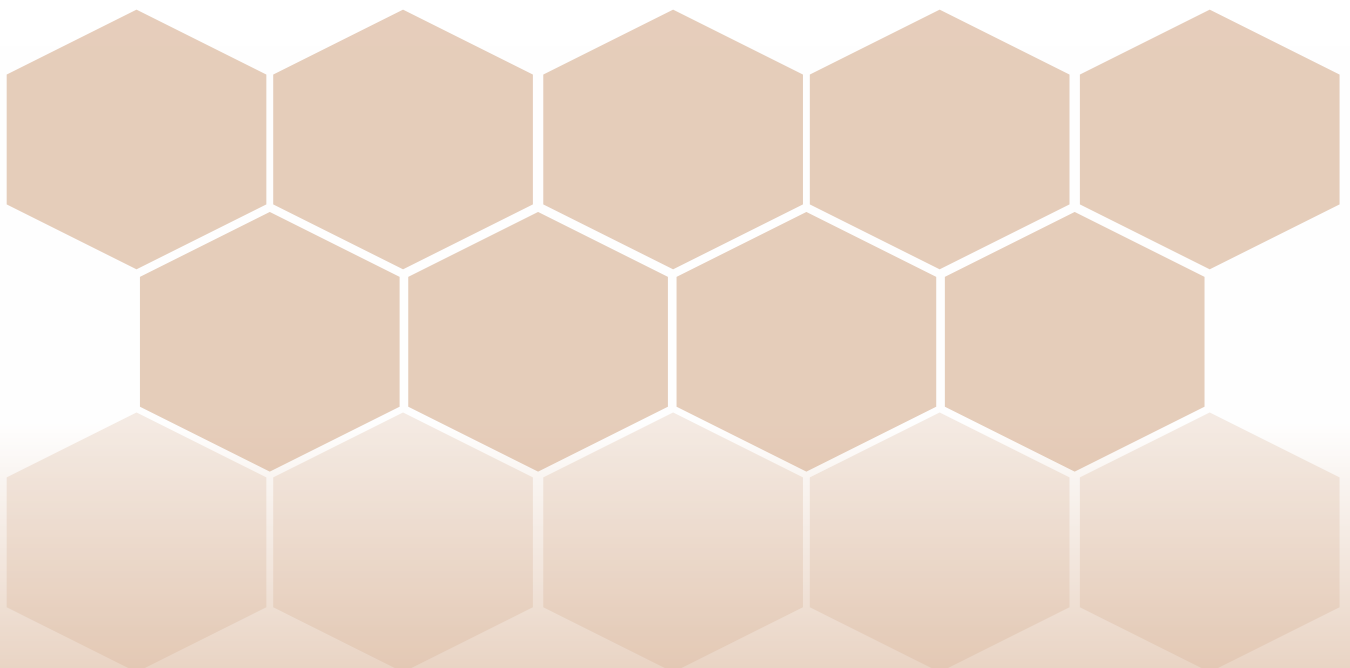
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Personal-holistic approach should be used additionally to conventional therapy in treatment of colorectal cancer: Case report

Slobodan Dunjic¹, Dusan Vesovic^{1,2}, Jovana Pejic¹ and Emilija Golubovic³¹Dr. Dunjic Center for Integrative procedures and Supplements, Serbia²Sanitary Medical School of Applied Sciences Visan, Serbia³Institute for Radiology and Oncology of Serbia, Serbia

For the great majority of people, the major factor that increases a person's risk for colorectal cancer is increasing age. Risk increases dramatically after age 50 years and 90% of all colorectal cancers are diagnosed after this age. The risk factors are numerous such as the history of colorectal cancers in first-degree relatives, presence of adenomas, ovarian cancer, inflammatory bowel disease etc. The aim of this paper is to present a case report showing that personal holistic approach in treatment of colorectal cancer additionally to standard therapy resulted in excellent outcome. 34 year old female patient noticed changes in bowel movements and the presence of blood in the stool during March of 2016. Immediately she visited her doctor. All necessary examinations were done (laboratory test, physical exam, digital rectal exam, fecal occult blood exam and colonoscopy). Adenocarcinoma of rectum which invaded submucosa was diagnosed. CT scan and magnetic resonance imaging (MRI) revealed enlarged lymphatic nodes in pelvic region with no presence of distant metastasis. 25 cycles of irradiation and 2 cycles of chemotherapy were administered. Following that, she was told she would be operated. Additionally to this treatment, she was subjected to personalized holistic treatment in three phases: (1) Detoxification of body, (2) Supplementation with minerals/trace elements/omega-3 fatty acids etc., and (3) Improving lymphatic circulation. Muscle test was applied in order to determine if the body needs supplements and which one (this ensures that every person has its own therapy which is personally tailored according to his/her body needs and current health status). While irradiation and chemotherapy, she did not report significant side effects described in the literature. She was scheduled for operation during mid of November, 2016. All the exams done before the operation showed that there was no cancer and she was dismissed with no operation. This is an example how personal holistic approach used concomitant with standard therapy may be useful in treatment of cancer patients.

Biography

Slobodan Dunjic is a Medical Doctor, completed his Master of Science in the field of Rheumatology. He is the Founder of the Center for Integrative Procedures and Supplements "Dr Dunjić", based in Belgrade, Serbia. In professional career, he is primarily oriented towards personal and holistic approach in healing the patients suffering from various diseases. He strongly believes that we need to treat a person suffering from diseases, rather than disease itself. He is also the Co-Founder of association for personal holistic approach in healing the patients in Serbia and by activity of this association; he provides continuing medical education to all medical professionals. He has published more than 25 papers in various journals at national and international level.

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Personal-holistic approach in treatment of breast cancer additionally to conventional therapy: Case reportDusan Vesovic^{1,2}, Slobodan Dunjic², Jovana Pejic² and Emilija Golubovic³¹Sanitary Medical School of Applied Sciences Visan, Serbia²Dr. Dunjic Center for Integrative Procedures and Supplements, Serbia³Institute for Radiology and Oncology of Serbia, Serbia

Nowadays, breast cancer is the second leading cause of cancer death in women (the first one is lung cancer). The chance that a woman will die from breast cancer is about 1 in 36 (about 3%). The aim of this paper is to present case-report showing that personal-holistic approach in treatment of breast cancer additionally to standard therapy resulted in excellent outcome. 54 year old female patient noticed changes in skin of left breast during spring time of 2015. Immediately she visited her doctor. All necessary examinations were done (laboratory test, physical exam, chest X-ray, ultrasound, scintigraphy, etc.). Upon biopsy, diagnosis of ductal mixed invasive carcinoma was established. Scintigraphy revealed distant metastasis in spine, bones of shoulders, jaws and bones of pelvic region. Tumor marker CA15-3 was extremely high. Patient was suggested to undergo eight cycles of chemotherapy and single shot irradiation therapy. No operation was suggested. Additionally to this treatment, she was subjected to personalized holistic treatment in three phases: (1) Detoxification of body, (2) Supplementation with minerals/trace elements/omega-3 fatty acids etc., and (3) Improving lymphatic circulation. Muscle test was applied in order to ensure that this patient will receive its own therapy which is personally tailored. While irradiation and chemotherapy, she did not have significant side effects described in the literature. Her overall health status was getting better and she was, nevertheless, operated in September of 2015. Two tumors were extracted, as well as, five tumors from Spencer flap. 17 lymph nodes from armpit were removed. All the time, she has been using conventional drugs concomitant with personalized therapy. She is well now and recent scintigraphy showed regression process in bones. This is an example how personal holistic approach used concomitant with standard therapy may be useful in treatment of cancer patients.

Biography

Dusan Vesovic is a Medical doctor possessing Doctorate of Medical Sciences in the field of Preventive Medicine (Occupational Medicine). He also works as the Professor of Occupational Medicine. He is orientated towards personal holistic approach in treating the patients. He deeply believes that the disease is a result of imbalance in human body and when we treat a patient, we need to re-establish homeostasis in his/her body. For that purpose, he believes that personalized therapy of whole body, including spirit and mind should be applied. He is also the Co-Founder of association for personal holistic approach in healing the patients in Serbia and by activity of this association; he provides continuing medical education to all medical professionals. He has published more than 100 papers in various journals at national and international level.

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Neuroprotective mechanisms of *Amalaki Rasayana* (Ayurvedic medicine): A study on a genetic mouse model of neurodegenerative disorder**Subramaniam Ganesh**

Indian Institute of Technology, India

Neurodegenerative disorders have attracted a lot of attention due to their complex origin (genetic and environmental), irreversible disease progression and their increasing incident rate due to increased life expectancy as most of them are late onset disorders. Emerging concepts suggest that the neurodegeneration results from perturbations in a number of cellular processes, including the proteolytic, inflammatory, pro-survival and metabolic pathways, that they share similarities with the aging process and that restoring the homeostasis of critical cellular processes might protect the neurons. Indeed the Ayurvedic formulations, known as “*Rasayanas*” and “*Bhasmas*”, are thought to provide such holistic protection on the central nervous system, but the underlying mechanisms have not been dissected using appropriate model systems and their mode of actions are yet to be fully understood. Our group has been working on the Lafora disease (LD), a monogenic, progressive and fatal form of neurodegenerative disorder and the symptoms include epilepsy, ataxia, dysarthria, psychosis and cognitive deficits. The neuropathology of LD includes the formation of glycogen inclusions as Lafora bodies in the neurons, muscle and liver tissues. The LD animals replicate most of the phenotypic traits and studies have shown that perturbations in glycogen metabolic pathways, proteolytic pathways and mitochondrial homeostasis underlie the LD symptoms. The current work was to evaluate the effect of prolonged feeding of *Amalaki Rasayana* (a formulation with extracts of *Embllica officinalis*) on the disease phenotype (viz., epilepsy, ataxia and cognitive abilities), disease pathology (viz., Lafora bodies, neurodegeneration, neuronal growth and maturation) and on the cellular physiology (viz., glycogen metabolism, autophagy and proteasomal function, neuroinflammation and synaptic functions). We find that feeding of animals with *Amalaki Rasayana* significantly reduced the neuroinflammation, increased autophagy and decreased the severity of the drug-induced epilepsy in this LD model.

Biography

Subramaniam Ganesh is an Endowed Chair Professor at the Indian Institute of Technology Kanpur, has made pioneering contribution in the field by choosing to work on the fatal neurodegenerative disorder Lafora disease (LD), characterized by abnormal glycogen accumulation in neurons. His recent research interests are in elucidating the molecular basis of therapeutic properties of the Ayurvedic formulations; one of the traditional medicinal systems of India.

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Role of Natural Antioxidants in the Oxidative Stress induced Skin Photoaging

Chanchal Garg

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Photoaging is a process which depends especially on the extent of sun exposure and the quantity of melanin in the skin. The basic mechanism involved in skin aging is the oxidative stress and the formation of free radicals known as reactive oxygen species (ROS). Skin, being rich in lipids, proteins, carbohydrates, DNA etc is highly prone to the adverse effects of ROS caused by oxidative stress. It is an established fact that the epidermis of the skin possess an extremely efficient natural antioxidant defence mechanisms supported by various types of antioxidant enzymes such as peroxidases, catalases and glutathione. But the protective impact exerted by them is limited due to excessive production of reactive oxygen species, leading to skin aging. Antioxidant potential of large number of phytoconstituents obtained from plant extracts reduces the harmful effects of oxidative stress and helps in the prevention of the clinical signs of skin aging. Topical application of antioxidant substances, such as tocopherol, ascorbic acid, coenzyme Q10, plant extracts with phenolics as well as different combinations of these compounds, helps in maintaining the skin antioxidant reservoir, thus increasing the antioxidant skin defence thereby reducing the harmful effects of free radicals and oxidative stress. For example, tetrahydro curcuminoids derived from curcuminoids present in roots of *Curcuma longa* is capable of preventing free radical formation and also neutralising the existing free radicals, anthocyanins present in Acai palm significantly decreases the UVB induced DNA damage and free radical species in human keratinocytes. Similarly, polyphenols derived from green tea effectively destroy the free radical and reverses the aging process. Thus, antioxidants with free radical scavenging activities possess great significance in the protection and therapeutics of age-related disease involving free radicals. Present work is based on protective role of natural compounds in the oxidative stress induced Photoaging and its future potential.

Biography

Dr. Chanchal Garg has completed her Ph.D from Jamia hamdard, New Delhi and is currently pursuing her postdoctoral studies from Maharshi Dayanand University, Rohtak. She has also worked as woman scientist on a research project titled "Standardization and Evaluation of anti-obesity Herbal Drugs" as principal investigator sanctioned under women scientist scheme (WOS-A) DST, GOI, New Delhi. She has many international and national publications to her credit. Her one of the publication is published in a highly reputed journal having an impact factor of 7.9. She also has a patent and is the author of two books and book chapters. Also she has presented many papers in both national and international conferences.

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Myrrh for treatment of severe vulvar edema in ovarian hyperstimulation syndrome**Dania Al-Jaroudi and Ayah Hijazi**
King Fahad Medical City, KSA

Ovarian hyperstimulation syndrome is an iatrogenic complication of assisted reproductive technologies. With a reported incidence of 1-5% in its moderate and severe forms, it can be life-threatening with 1.9% cases needing hospitalization. Although there is no agreed upon definition; the disorder is characterized by marked cystic ovarian enlargement, fluid shifts from intravascular compartment resulting in ascites and hydrothorax, electrolyte imbalance, hemoconcentration, hypercoagulation and impaired renal perfusion. Risk factors for ovarian hyperstimulation syndrome include young age, a history of ovarian hyperstimulation, polycystic ovary syndrome or characteristics of polycystic ovarian syndrome. Our patient is a 29-year-old, G2P0+1 who was referred to our tertiary center as a case of severe ovarian hyperstimulation syndrome. She had undergone *in vitro* fertilization 18 days prior to her presentation in a private institute. She has received gonadotropins and human chorionic gonadotropin in her treatment cycle. Her vulvar edema was managed with ice packs and local myrrh which was dissolved in warm water and applied locally. The resolution was within 2 days. Patient was also kept in Trendelenburg position to help decrease the swelling. She gradually improved and was able to mobilize. She was discharged home after one week in a good general stable condition.

Biography

Dania Al-Jaroudi is currently working as a Consultant in Obstetrics and Gynecology and REI, Reproductive Endocrine and Infertility and minimally invasive surgery. She is also the Chairman of Grant Management Department at the Research Center, King Fahad Medical City, KSA. She is an Assistant Professor of King Saud Bin Abdulaziz University for Health Sciences from March 28, 2010 to till date. She has completed her MBBS from King Saud University in 1996 and her Residency training at King Fahad National Guard Hospital, Riyadh in 2001. She has obtained her Fellowship training in Reproductive Endocrine and Infertility in 2004 at McGill University in Canada. She has over 30 publications, published several articles in international peer review journals and has on-going research projects in collaboration with other physicians.

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